WHAT TO DO NOW

- At your home:
  - Use mosquito repellent containing DEET or Picaridin
  - Screen doors and windows
  - Tip out, store or throw away anything that can hold water in your yard
  - Kill mosquitoes every month using long-acting surface spray* in dark hiding places in and around your home

SCAN QR CODE TO WATCH A CLIP ON ‘HOW TO SPRAY YOUR HOME’ or visit: http://bit.ly/2gP70Kz

email: zika@health.qld.gov.au
phone: 1800 336 483

Visit your Health Centre for advice and support on Zika and your pregnancy

*crabling insect or cockroach surface spray
HOW CAN YOU GET ZIKA?

• A bite from an infected mosquito in a country with Zika  
  OR  
• A bite from an Aedes aegypti or Aedes albopictus mosquito when there is a local outbreak  
  OR  
• Having sex with an infectious partner (who may have got the virus overseas or in a local outbreak)

HOW CAN ZIKA AFFECT YOUR PREGNANCY?

• If you get Zika while pregnant, it can pass on to the baby  
• Zika can sometimes cause miscarriage, birth defects such as small heads, or other developmental problems

HOW WILL YOU KNOW IF YOU HAVE ZIKA?

• Most people have no symptoms of Zika  
• You may feel sick with any of these symptoms:
  - Red eyes
  - Fever
  - Rash
  - Joint pain

WHAT TO DO IF YOU SUSPECT ZIKA INFECTION

• Visit your Health Centre for advice and support

WHAT TO DO IF THERE IS ZIKA IN YOUR AREA

• Delay getting pregnant  
• If you are already pregnant:
  - Don't have sex or if you do, use a condom  
  - Visit your Health Centre for regular checks

WHAT TO DO IF YOU SUSPECT ZIKA INFECTION

• Visit your Health Centre for advice and support

ZIKA IN THE TORRES STRAIT/NPA

Zika and dengue are in many tropical countries. These viruses can be spread by Aedes aegypti and Aedes albopictus mosquitoes if someone comes back from a country where there is dengue or Zika.

These mosquitoes breed in containers holding water around your home and in the bushes. They can sneak into your home and bite during the day. Protect yourself and your family from Zika mosquitoes.